



## Pan-Roasted Tomatoes with Herbs

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



11 min.

SERVINGS



4

CALORIES



41 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper red crushed
- 0.5 teaspoon rosemary fresh chopped
- 1 pint multicolored grape tomatoes
- 2 teaspoons olive oil divided
- 1 teaspoon oregano fresh chopped
- 0.3 teaspoon salt

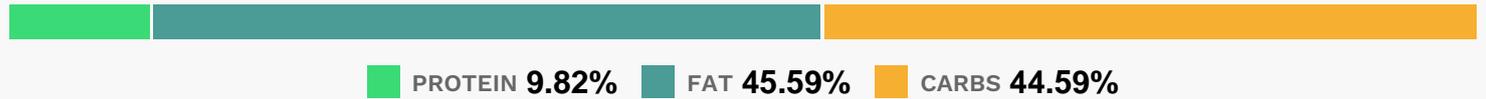
### Equipment

- frying pan

## Directions

- Heat 1 teaspoon oil in a medium nonstick skillet over medium-high heat.
- Add tomatoes; cook 3 to 4 minutes or until tomatoes begin to blister.
- Remove from heat; stir in 1 teaspoon oil and remaining ingredients, tossing gently to combine.
- Let stand 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:10.75, Glycemic Load:1.22, Inflammation Score:-8, Nutrition Score:5.2056521517427%

## Flavonoids

Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

## Nutrients (% of daily need)

Calories: 40.67kcal (2.03%), Fat: 2.28g (3.5%), Saturated Fat: 0.32g (2%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 3.33g (1.21%), Sugar: 3.14g (3.49%), Cholesterol: 0mg (0%), Sodium: 153.48mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.21%), Vitamin A: 1031.32IU (20.63%), Vitamin C: 16.22mg (19.66%), Vitamin K: 13.79µg (13.13%), Potassium: 289.23mg (8.26%), Manganese: 0.16mg (8.12%), Vitamin E: 1.07mg (7.11%), Fiber: 1.68g (6.71%), Vitamin B6: 0.1mg (5.13%), Folate: 18.98µg (4.74%), Copper: 0.07mg (3.72%), Vitamin B3: 0.74mg (3.7%), Magnesium: 14.56mg (3.64%), Vitamin B1: 0.05mg (3%), Iron: 0.54mg (2.99%), Phosphorus: 29.51mg (2.95%), Calcium: 20.38mg (2.04%), Vitamin B2: 0.03mg (1.55%), Zinc: 0.22mg (1.47%), Vitamin B5: 0.11mg (1.11%)